



BAR
|| MENU ||

BREAKFAST

AVAILABLE 6.30AM TO 10.30AM

|| Breakfast Rolls

**SWEETCURED BACON ON A TOASTED
SOURDOUGH BUN || £4.85**

WITH SAUTÉED PEMBROKESHIRE POTATOES
(G,S)

**GRILLED SAUSAGE ON A TOASTED
SOURDOUGH BUN || £4.85**

WITH SAUTÉED PEMBROKESHIRE POTATOES
(G,S)

**GLAMORGAN SAUSAGE ON A TOASTED
SOURDOUGH BUN || £4.85**

WITH SAUTÉED PEMBROKESHIRE POTATOES
(V,G,MU,D,E,S)

ADD EGG (V,E), BACON OR SAUSAGE || £1.00 EACH

|| Pastry Selection

BAKED CROISSANT || £3.50

WITH PRESERVES AND WELSH BUTTER
(V,G,D,E)

DANISH PASTRY AND COFFEE || £5.50

WITH PRESERVES AND WELSH BUTTER
(V,G,N,P,D,E)

LIGHT BITES

AVAILABLE 12PM TO 6PM

|| Mains

MARINATED OLIVES || £4.00 (V)

WHITEBAIT || £5.50
LAVERBREAD AND CHILLI MAYONNAISE (F,G,E)

**TOSTADA WITH SMOKED APPLEWOOD VEGAN CHEESE
AND CHILLI JAM || £8.95**
SWEETCORN, CHERRY TOMATOES, BEETROOT, SPINACH AND SRIRACHA
MAYONNAISE (V,G)

PEMBROKESHIRE CRAB SOUP || £8.95
CORNbread, SEAWEED BUTTER (G,D,E,SD,C,MU)

**TOSTADA WITH PEMBROKESHIRE CHILLI FARM
SPICED CHICKEN || £9.50**
PEPPERS, CHERRY TOMATOES, PANT-Y-S-GAWN GOAT'S CHEESE, ROCKET
AND BALSAMIC GLAZE (V,G,D,SD)

**QUINOA SALAD WITH BEETROOT, BUTTERNUT SQUASH
AND KALE || £9.95**
PICKLED PEAR, CANDIED WALNUTS, SPINACH, SEAWEED AND LIME VINAIGRETTE
(V,N,SD)

**TOSTADA WITH SMOKED SALMON, CREAM CHEESE
AND PESTO || £10.50**
CHARRED COURGETTE, PICKLED RED ONIONS AND AVOCADO (F,G,D,SD)

DULSE BEEF BURGER ON A SUGARLOAF BRIOCHE BUN || £12.50
BURGER SAUCE, SWEET-CURED BACON, CAERPHILLY CHEESE,
LETTUCE, PICKLES (G,D,E,MU)

|| Sides

HOUSE CHIPS || £3.50 (V)

HOUSE CHIPS WITH CAWS CRYF CHEESE & TRUFFLE OIL || £5.00 (V,D)

**PEMBROKESHIRE CHILLI FARM SPICED SWEET
POTATO WEDGES || £5.00** (V,D)

|| Cake Selection

CHERRY AND WHITE CHOCOLATE BLONDIE || £3.85
(V,G,S,D,E)

VEGAN BLUEBERRY BAKEWELL TART SLICE || £3.85
(V,G,N)

VEGAN CHOCOLATE BROWNIE || £3.85
(V,S,G,D)

FRUIT SCONES WITH CLOTTED CREAM AND JAM || £5.50
(V,G,S,D)

**BARA BRITH AND WELSH CAKES WITH CLOTTED
CREAM || £6.25**
(V,G,S,D)

|| Dulse Cream Tea

**FRUIT SCONE, BARA BRITH, CHERRY & WHITE CHOCOLATE
BLONDIE AND WELSH CAKES || £15.00 PER PERSON**

SERVED WITH CLOTTED CREAM AND STRAWBERRY JAM (V.G.S.D.E)

ACCOMPANIED BY YOUR CHOICE OF WELSH BREW TEA
OR AMERICANO COFFEE

|| Cheese Board

SELECTION OF WELSH CHEESE || £10.95

PANT-YS-GAWN GOAT'S CHEESE, CAWS CRYF CHEDDAR, PERL LAS
AND PERL WEN, SERVED WITH APPLE, MEAD AND HONEY CHUTNEY,
GRAPES AND CELERY, CAERPHILLY CHEESE AND LEEK CRACKERS (V.G.D.C)

EVENING MENU

6PM – 9PM, MONDAY TO THURSDAY

|| Mains

TENBY HARBWR BEER AND THYME

BRAISED BEEF PIE || £18.00

CHUNKY CHIPS, BUTTERED CABBAGE, LEEKS, AND PEAS

(G,D,E,SD,C)

PENNE PASTA WITH WILD MUSHROOM, KALE AND TARRAGON || £16.00

STEM BROCCOLI, TOASTED CORN BREAD

(V,G,D,E,SD)

MARKET FISH IN TENBY HARBWR BEER BATTER || £17.00

DULSE TARTARE SAUCE, MUSHY PEAS AND LEMON, SERVED WITH CHIPS

(F,G,E,SD,MU,S)

PEMBROKESHIRE CHILLI FARM SPICED BBQ PULLED PORK BURGER || £16.00

SRIRACHA MAYONNAISE, PICKLES, CHUNKY CHIPS

(G,S,D,E,SD)

THAI RED PRAWN CURRY || £19.00

BASMATI RICE, BABY CORN AND PAK CHOI, COCONUT AND LIME

(CR,N)

TANDOORI SPICED CHICKEN || £17.00

BASMATI RICE, CURRY SAUCE, NAAN BREAD

(G,D)

EVENING MENU

6PM – 9PM, MONDAY TO THURSDAY

|| Desserts

STICKY TOFFEE PUDDING || £7.50

BARTI SPICED RUM TOFFEE SAUCE, SALTED CARAMEL ICE CREAM

(V.G,D,S,E,SD)

CHERRY AND WHITE CHOCOLATE BLONDIE || £7.95

MARZIPAN ICE CREAM, MULLED CHERRIES, MANDARIN GEL

(V,G,N,S,D,E,SD)

SELECTION OF WELSH CHEESE || £10.95

PANT-YS-GAWN GOAT'S CHEESE, CAWS CRYF CHEDDAR, PERL LAS AND PERL WEN, SERVED WITH APPLE, MEAD AND HONEY CHUTNEY, GRAPES AND CELERY, CAERPHILLY CHEESE AND LEEK CRACKERS

(V.G,D,C,SD)

A discretionary 10% service charge will be added to your bill.

Please advise us of any food allergies. Whilst every care is taken, we cannot guarantee that our kitchens are an allergen free environment, nor can we guarantee the processes used by our ingredient manufacturers.

(V) Vegetarian, (G) Contains gluten, (D) Contains dairy/milk, (N) Contains nuts, (P) Contains peanuts, (E) Contains egg, (F) Contains fish, (Cr) Contains crustaceans, (M) Contains molluscs, (S) Contains soya, (C) Contains celery, (Mu) Contains mustard, (Se) Contains sesame seeds, (SD) Contains sulphur dioxide, (L) Contains lupin.